I've contracted manflu. I did it for the cause.

Vicky Mochama, metroVIEWS

Ottawa metro

Your essential daily news | THURSDAY, JANUARY 5, 2017 High -6°C/Low -16°C Snow showers

CANADA'S PREHISTORIC POTATOES
metroNEWS

COLD MESS

Fallen branches cause cascade of outages across region
metroNEWS

Buses still on holiday

TRANSIT

Full schedule won't restart until students return to class

Haley Ritchie
Metro | Ottawa

OC Transpo says it made the decision to extend its reduced holiday schedule, as many of us return to work, because student ridership remains low a week after the break.

"The OC Transpo holiday schedule was extended this year until Jan. 6, 2017 in order to align with the holiday vacation period of local schools and post-secondary institutions," said Colleen Connelly, manager of transit service planning, in an emailed statement.

The email adds that most students return to school Jan. 9. Main bus routes that service Carleton University will resume on Jan. 5 and 6 because the school opens early.

"Historically we have found that the ridership is lower during the school break," said Connelly.

"All buses and the O-Train will be following reduced schedules," reads the OC Transpo website, although specific routes and times are not listed. Last year, regular bus service resumed Jan. 2.

Most passengers waiting for a main route on Wednesday night at the Slater and Metcalfe stop said they hadn't realized the holiday schedule was in place but weren't impacted by the changes.

"It is very surprising. I would have thought the holidays ended on the 3rd," said Glen Swanson, a daily bus user waiting for the 87 on Wednesday evening.

"I haven't experienced delays but I wouldn't be surprised if some of the other smaller routes have," he said.

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No slowing down for bass head

BACKSTAGE PASS

Calgary's Mark Instinct excited about music's future

Trevor Greenway
Metro | Ottawa

With top-10 releases on Beatport, epic and legendary performances at Shambhala and massive tracks dropped on Datsik's Firepower Records, Excision's Rottun Recordings and Dieselboy's SubHuman label, there is no slowing down for Calgary bass head Mark Instinct.

Calgary's Mark Instinct plays the Bourbon Room Friday night. Cover charge is $10. CONTRIBUTED

You've been among the elite in the bass scene for several years, what does 2017 look like?

2017 is going to be a very busy one. I am finally finishing up an EP of some really new sounds and I am stoked to get them out to the public. On top of this I have two new collaborative projects focusing more on the heavier side of drum and bass. In addition, I have been dabbling in the recording world for some time and that will be keeping me quite busy for the foreseeable year ahead.

What does the future of bass music look like? How do you see the genre progressing in the coming year?

I started getting into electronic music in the late '90s and it has been so beautiful to see a style of music just mutate over and over throughout the last decade plus. With bass music, I feel it is very unpredictable right now.

There are so many great artists emerging onto the scene as well as old favourites and styles are changing. Even for myself, the kind of music I made now is a complete 180 from what I used to make. It will be a very cool year to see where this whole thing goes.

> It's becoming genre-less music basically, artists having their own thing again.
> Mark Instinct

Bass music popularity is at an all-time high, bordering on mainstream. Do you worry that its popularity will saturate the scene and overall quality will go down? Or will its popularity fuel more creativity, as DJs push harder and harder to stand out to stand out from the swelling crowd?

Well I think oversaturation has already happened and yes, there has been a decline in not only quality, but the culture itself. I have definitely noticed this has added so much more fuel to the fire to create insane-sounding s—. I have seen such an increase in producers who are pushing the envelope and really treading into unknown territory not only new producers, but established ones as well.

It's becoming genre-less music basically, artists having their own thing again. It has been really inspirational as I too have adapted this workflow.

Being a DJ from an early age, you've seen the invasion of the digital DJ. Has the transition been a good thing for the scene, or has DJing become too easy for everyone and their grandma to pick up?

I remember the first time I saw a CDJ I was, like, "How the f— does this work?" I grew up playing records so it was a totally different process. The digital invasion was actually really helpful, though there was a point where the mp3 revolution kicked in and the dopest songs you could play were only on a CD. This is where it parallels to the recording and production world, especially with electronic music.

I know a s— tonne of engineers who are analog purists, and I know a lot of people who don't really care because there is an argument you cannot really tell the difference. On the performance end, it has really brought forth some really cool tools and they still require some level of technical knowledge. They can actually add to a live performance when used effectively. If anything, there is an increase in education behind this, which could make it easier for someone and their grandma to become superstar DJs.

Is there such a thing as "the perfect beat" and have you found it yet?

Some of the most perfect beats I've heard, and this goes back to your last question, are ones that combine the digital synth-built drums and recorded raw drum kit sounds. There is so much character in beats and drum loops that have these characteristics.

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metro NEWS
Your essential daily news

Computers may soon be making immigration decisions. **Canada**

HEALTH

First flu season death

Haley Ritchie
Metro | Ottawa

Ottawa Public Health is confirming the first death of the flu season in a year that has seen a massive jump in reported cases.

Spokesman Daniel Osterer said the organization couldn't provide any specifics around the death because of patient confidentiality. The flu is most often lethal in cases of elderly patients, those with pre-existing health conditions or young children.

Osterer said so far this season 115 confirmed cases of influenza have been reported to OPH, compared to 21 in the same time period last year. He noted that last year's numbers were unusual.

"It is here, definitely, and it started to increase over the holidays. It's hard to predict if it will continue increasing but it definitely is right now," said Marie-Claude Turcotte, program manager of immunization.

"The number is not all the cases in Ottawa," she said. "You need to understand that everybody won't necessarily go to their health-care provider if they have flu symptoms. Most healthy people will stay at home and care for themselves. Those are just people who were tested and came back positive."

Turcotte said the most important steps to preventing the flu are washing hands frequently with soap or hand sanitizer, covering your coughs and sneezes in your sleeve, and staying inside if you feel sick.

Rally against intolerance planned for inauguration

EQUALITY

Event to align with women's marches around world

Dylan C. Robertson
For Metro | Ottawa

Catherine Butler recalls feeling shell-shocked the morning after Donald Trump was elected U.S. president.

On her drive to work, Canadians phoned into a radio show to support a man who plans to ban Muslims and build a wall at the Mexican border.

"He was openly racist, openly sexist, openly sexually abusive," said Butler, an Ottawa nurse.

"The divisiveness and hate needs to be countered."

That's why Ottawa is now among scores of cities worldwide hosting rallies against intolerance on January 21, just as Trump takes his oath of office.

Last year, feminist groups in Washington, D.C. took aim at Trump's comments about women, including when he suggested fellow men "grab them by the p—y." They now expect between 100,000 and 200,000 people to congregate near the U.S. Capitol for the Women's March on Washington.

The event has sparked spinoffs in 20 countries. Since Butler started the Ottawa event's Facebook page on Dec. 14, 50 people have marked themselves as attending, including someone travelling from northern New York State to the closest event.

A self-described "hardcore feminist," Butler is taking days off work to organize the rally, which she hopes to host on Parliament Hill.

"This isn't an anti-Trump march; this is about mobilizing people who are worried about the freedoms that women have," said Butler, who worries about The Donald's associates aiming to curtail abortion access, and the president-elect's support for torture interrogations.

She's also alarmed by hate crimes that followed Trump's election, such as when hate messages and swastikas were spray-painted on Ottawa synagogues and churches.

> **This is about mobilizing people who are worried about the freedoms that women have.**
> Catherine Butler

Catherine Butler is organizing a rally in Ottawa to align with the Women's March on Washington on the day after the inauguration. DYLAN C. ROBERTSON/FOR METRO

"There's a lot of people here who feel so strongly about the need to send a message," said Butler.

She is crowdfunding in the hopes of raising $10,000 for acoustics, printing, security if needed and an indoor place for warmth. She'll donate any unused contributions on the Go Fund Me page to an Ottawa women's shelter.

She hopes the protest will bring more than just white, middle-class women like herself. "We have a desire to stand with anybody whose human rights are being impacted."

Butler is bracing for blowback. When the handful of people co-ordinating rallies in 14 Canadian cities were profiled in an article, Internet trolls were quick to respond.

"The comments that came in were some of the most hateful, divisive, misogynistic crap."

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Police closed a portion of O'Connor Street to allow Hydro Ottawa crews to repair the line. HALEY RITCHIE/METRO

HALEY RITCHIE/METRO

A worker clears snow and ice off a Canada 150 banner on Elgin Street. RYAN TUMILTY/METRO

The scene in Centretown. HALEY RITCHIE/METRO

Wellington West neighbourhood. RYAN TUMILTY/METRO

Thousands left in the dark

Freezing rain, ice pellets, high winds and snow pummel city ... then the power goes out

Ryan Tumilty
Metro | Ottawa

Hydro Ottawa is working to restore power to more than 4,000 customers after winter storms toppled trees and downed power lines across the region.

The city was hit Tuesday with freezing rain and ice pellets, followed by snow Wednesday and with high winds in the forecast for Wednesday evening the situation could become more challenging.

Environment Canada issued a snow squall watch Wednesday afternoon, warning of winds as high as 70 kilometres per hour.

As of press time Wednesday Rebecca Hickey, spokesperson for Hydro Ottawa said 4,380 customers were without power in 96 outages across the city.

She said with the weather having hit all areas of the city crews are dealing with a lot of small outages in every part of the region.

"The challenge is that it is more than one outage, so it's not one area we can go to," she said. "Literally, the entire city has small pockets throughout."

She said with so many small outages spread across the city, it was hard to restore power, but crews were working as quickly as they safely could.

"It's a 'slowly, but surely' process today," she said. "The challenge is that many of the outages affect less than 10 customers, it can even be a single house."

She said, unfortunately, it could be Thursday before everyone had power restored.

"We do have the majority of our staff working to 11 p.m. so we are hoping to push through a lot of it this evening, but we do anticipate some folks will be without power until morning," she said.

The high winds were also likely to be a factor.

"That is what we have noticed throughout the day, the heavy snow and ice coupled with the wind has lead to a few more incidents

Hickey said anyone encountering a downed line should keep 10 metres away and call 911.

The weight of snow and ice cracked tree branches, which fell onto power lines. HALEY RITCHIE / METRO

Helene Charlebois calls the legislation a big step. CONTRIBUTED

Dieters get a little help

DINING

Food chains now must post calorie counts on their menus

Dylan C. Robertson
For Metro | Ottawa

Hungry Ontarians are biting into 2017 with more information. Since Jan. 1, all restaurants with 20 or more locations have been required to list calorie counts beside all menu items.

Helene Charlebois said it's the among the biggest steps toward public information she's seen in her 25 years as a dietician. But she added that Ottawans need to also consider the nutrients each meal provides.

"The biggest thing is to frame the calories; I think that's going to be missing in the message."

Ideally, people should consume 500 to 600 calories in each of their three meals, Charlebois said. Canada's food guide says a 20-year-old female office worker who mostly sits all day needs about 1,900 calories, while an 18-year-old male hockey player needs closer to 3,300.

Some fast food companies are using vague ranges on meals, like a burger combo spanning 330 to 1,320 calories, depending on sides and condiments. Charlebois suspects companies will lowball calorie counts by categorizing dressings and sides separately.

"They're going to make it as difficult and delusional as possible. The food industry does not want us to know this information," said Charlebois, who feels Canadians aren't given enough information to catch up with the increasing variety of choices.

Charlebois doesn't expect people visiting fast-food joints will change the meal they decided on before visiting. But she believes they'll chew it over before making their next order, and opt against sugary snacks.

She has a gut feeling that sodium will be the next frontier for public health, since Canadians consume more than double their recommended amount.

But not everyone is hailing the changes.

Andrea LaMarre, a PhD candidate at the University of Guelph, worries people recovering from eating disorders will find it harder to stop constant calculation of their food intake.

"I prefer an approach that puts people in a position to see the information if they want to," she said, instead of "when it's right in your face and you don't have a choice to look at it."

LaMarre petitioned Ontario to repeal its legislation, saying the government should first offer better mental-health services.

IN BRIEF

Bomb in Aylmer inactive
Gatineau police briefly evacuated two Aylmer apartment buildings Tuesday after finding an inactive military object.

Officers were called Tuesday afternoon to the spot between 358 and 362 Aylmer Road to deal with a suspicious package. Police evacuated both low-rise office buildings and closed the road while considering whether to call provincial explosive specialists.

"The object was deemed inactive, and taken away for disposal by the city," said Sgt. Jean-Paul Lemay, who wouldn't specify what the object was.

DYLAN C. ROBERTSON/FOR METRO

Feds hire bomb handlers
The federal government is enlisting an Ottawa company to help it remove unexploded ordnances — old bombs that did not explode or function as intended — from Department of National Defence properties across the country.

Notra specializes in bomb disposal, geophysics and explosives management, according to the company's website.

The company says it's helped clear explosives from CFB Petawawa and CFB Borden, removed mines from Kosovo and conducted explosive safety assessments in Afghanistan.

Its newest job with the federal government involves unexploded ordnance risk management, risk mitigation and site characterization activities, according to government procurement records. It's a job the federal government says could run until the end of 2019 and is worth $7.13 million.

OTTAWA BUSINESS JOURNAL

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Welcome to Canada

Canadian immigration applications could soon be assessed by computers.

Ottawa is quietly working on a plan to use computers to assess immigration applications and make some of the decisions currently made by immigration officers, Torstar News Service has learned.

Since 2014, the Immigration Department has been developing what's known as a "predictive analytics" system, which would evaluate applications in a way that's similar to the work performed by officials today.

The plan — part of the government's modernization of a system plagued by backlogs and delays — is to use the technology to identify the merits of an immigration application, spot potential red flags for fraud and weigh all these factors to recommend whether an applicant should be accepted or refused.

At the moment, the focus of the project is on building processes that would distinguish between high-risk and low-risk applications, immigration officials said.

"Predictive analytics models are built by analyzing thousands of past applications and their outcomes. This allows the computer to 'learn' by detecting patterns in the data, in a manner analogous to how officers learn through the experience of processing applications," department spokeswoman Lindsay Wemp. "The goal is to improve client service and increase operational efficiency by reducing processing times while strengthening program integrity."

The project was approved by the former Conservative government cabinet in February 2013. Wemp said there is no firm timeline on when automated decisions might be a viable option.

"The novelty of the technology and the importance of getting it right make it imperative that we do not rush this project," she explained.

With the proliferation of artificial intelligence in people's day-to-day lives, from IBM's Watson (the supercomputer that defeated Jeopardy! champions) to Google's self-driving cars, immigration experts said they were not surprised by the move toward automation.

"This is the greatest change in immigration processing since the Internet. What requires weeks if not months to process would only take days with the new system. There are going to be cascades of savings in time and money," said immigration lawyer and policy analyst Richard Kurland.

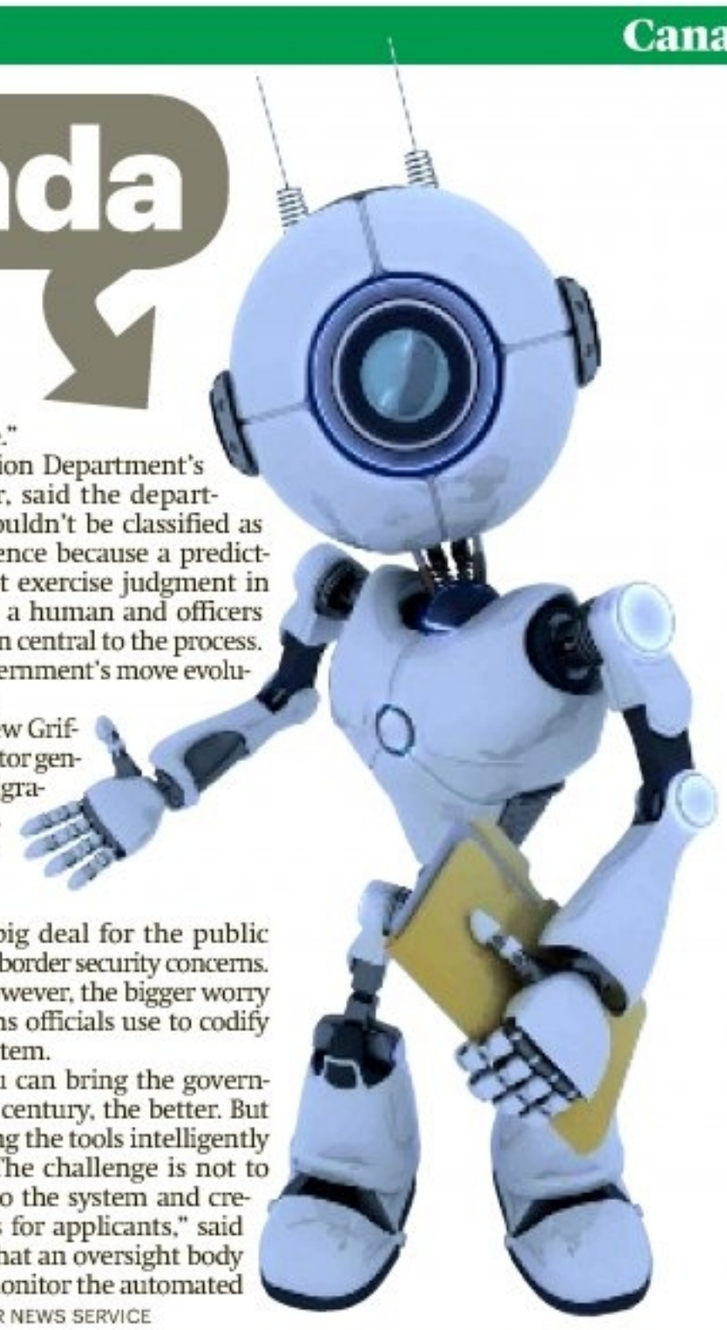
"A lot of countries have used predictive analytics as a tool but not for immigration processing. Canada Revenue Agency also uses the techniques to identify red flags. It uses artificial intelligence. It is decision-making by machines. The dividends of this exercise are huge."

The Immigration Department's Wemp, however, said the department's plans shouldn't be classified as artificial intelligence because a predictive model cannot exercise judgment in the same way as a human and officers will always remain central to the process.

Calling the government's move evolution rather than revolution, Andrew Griffith, a retired director general of the Immigration Department, said applying the technology to immigration processing is a big deal for the public mostly because of border security concerns.

For Griffith, however, the bigger worry is what algorithms officials use to codify the computer system.

"The more you can bring the government to the 21st century, the better. But we should be using the tools intelligently and efficiently. The challenge is not to embed biases into the system and create extra barriers for applicants," said Griffith, adding that an oversight body is warranted to monitor the automated decisions. TORSTAR NEWS SERVICE



CANADIAN KILLED

'I want him home'

The family of a Canadian killed fighting for Kurdish forces in Syria has launched an online campaign to bring his body home for a proper burial.

Nazzareno Tassone, 24, died Dec. 21 near Raqqa, Syria, according to a letter from the Kurdish People's Protection Unit (YPG), which hailed him as a hero.

"The respected Tassone family lost their beloved son, and we The YPG lost our daring and courageous companion," the letter to his family said. The letter said his body is still in the hands of Daesh.

"I want him home because he's Canadian," said his sister, Giustina Tassone, 21. "Even though he's dead, he deserves proper treatment."

Tassone's family has launched a Facebook page called Bring Nazzareno Tassone Home.

TORSTAR NEWS SERVICE

Nazzareno Tassone FACEBOOK

Growing a wapato an arduous task

Jen St. Denis
Metro | Vancouver

Last April, members of the Katzie First Nation gathered on the rocky beach of Alouette Lake to do something they hadn't done in over 100 years. They were there to cook and eat wapato, a type of potato that had once been a staple of their diet.

"We cooked it plain, and everybody has said should we do this again they would like some butter, salt and garlic," said Debbie Miller, general manager of the Katzie Development Limited Partnership. "But the first one, we thought, needed to be clean."

Wapato bulbs. CONTRIBUTED

Recently published results of an archeological dig show that the Katzie were cultivating wapato near Pitt Meadows as far back as 3,800 years ago.

The evidence showed how the Katzie reused discarded cooking stones to prepare the wapato growing areas. The stones had been heated up in a fire and then used to boil water in watertight baskets; when they cracked, the Katzie used the stones to line the watery wapato fields. At first, Miller and other community members didn't recognize the plant. But it turned out, it had been growing in plain sight.

After trial and error, they were able to grow the wapato in enough quantity.

As for what the small wild potato tastes like? Some have described it as tasting a bit like asparagus or like the cob part of corn.

"It's not awful — but plain it's not very good," Miller said.

NOVA SCOTIA

Shootings underscore need for better veterans' services: Watchdog

Canada's military watchdog urged the federal government Wednesday to do more for soldiers forced out of the Canadian Forces for medical reasons after an Afghan war veteran and three family members were found shot dead in Nova Scotia.

Ombudsman Gary Walbourne wants Ottawa to ensure injured military personnel have all the necessary benefits and supports in place before they are forced to turn in their uniforms — recommendations he made back in the fall.

"There should be no member of the Canadian Armed Forces released until all benefits and services are in place," Walbourne said in an interview.

"That means pension, back benefits, health care."

Retired corporal Lionel Desmond, 33, was found dead Tuesday in a home in Upper Big Tracadie, N.S., from what appeared to be a self-inflicted gunshot wound, RCMP say. His wife Shanna Desmond, 31, their 10-year-old daughter Aaliyah and his mother Brenda Desmond, 52, also died of apparent gunshot wounds.

RCMP would not confirm outright that the deaths were a murder-suicide, saying the investigation is ongoing.

THE CANADIAN PRESS

CHINA SMOG SO THICK YOU CAN BARELY SEE A woman uses a scarf for protection against air pollution on a pedestrian bridge in central China's Anhui province. The province was blanketed by severe smog on Tuesday. THE ASSOCIATED PRESS

VIDEO ON THE METRO APP

Istanbul on high alert as manhunt continues

Police increased security around Istanbul on Wednesday and detained some 20 people with suspected links to the deadly New Year's Eve night club attack as the hunt for the gunman stretched into a fourth day.

Turkish Foreign Minister Mevlut Cavusoglu said the gunman — who killed 39 people during New Year's celebrations at the Reina club before reportedly escaping in a taxi — had been identified, but did not name him.

Police set up checkpoints across Istanbul as security levels remained high. They stopped cars and taxis, with passengers and drivers holding up their identifications while officers inspected the vehicles.

The city has been on edge since the attack on the upscale club popular with local celebrities, and on Wednesday residents beat up a man said to resemble the wanted gunman before handing him over to police, the Dogan news agency reported.

Some 20 people, including 11 women, were taken into custody in police raids in the Aegean port city of Izmir, the state-run Anadolu agency said.

The suspects, from the largely Muslim Russian republic of Dagestan, as well as members of China's Muslim Uighur minority and from Syria, were believed to have lived with the gunman in an alleged Daesh cell house in the central Turkish city of Konya, the agency reported.

Daesh has claimed responsibility for the attack, saying it was in reprisal for Turkish military operations against Daesh in northern Syria. THE ASSOCIATED PRESS

Turkish security forces patrol near the Reina nightclub on Wednesday. THE ASSOCIATED PRESS

Man faces jail for helping migrants

FRANCE

Farmer could get up to five years in prison

Cedric Herrou AFP/GETTY IMAGES

A French activist farmer facing potential prison time defended his aid to illegal African migrants in court Wednesday, calling it an act of humanity and not a crime.

"Helping someone is not an offence!" read a placard at a protest in support of farmer Cedric Herrou outside the courthouse where he went on trial Wednesday.

The case has called attention to those who have resisted Europe's anti-migrant sentiment and are offering food, lodging or other aid to people from impoverished or war-torn countries coming to Europe illegally. There has notably been an outpouring of support in the Roya valley in the Alps year.

Herrou went on trial charged with helping illegal migrants enter France, travel in France and stay in France. His lawyer Zia Oloumy pleaded for acquittal, insisting a crime hasn't been proven. The court could sentence him to up to five years in prison and 30,000 euros in fines if a guilty verdict is delivered Feb. 10.

Herrou says he is doing his civic duty and will keep helping the migrants, who are mainly from Eritrea and Sudan.

"The law is against me, against actions to help people in need, so we have to change the laws," he said. THE ASSOCIATED PRESS

A pot-luck style inauguration awaits

A group of marijuana legalization advocates plan to hand out thousands of joints during President-elect Donald Trump's inauguration.

Pro-marijuana organization DCMJ will begin distributing the 4,200 joints at 8 a.m. on Jan. 20 on the west side of Dupont Circle. The participants will then walk to the National Mall.

At four minutes and 20 seconds into Trump's speech, DCMJ founder Adam Eidinger says protesters will light up.

He says the giveaway is legal as long as it's done on District of Columbia land. Those smoking on federal land risk arrest.

THE ASSOCIATED PRESS

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Trump protecting industry: Unifor

PRESIDENT-ELECT

Rhetoric on trade earning organized labour favour

It probably bodes well for Canadian auto workers that U.S. president-elect Donald Trump is leaning on Ford and General Motors to keep auto production at home, says Unifor national president Jerry Dias.

"Trump, as crazy as he is, is showing governments can play a role" in helping to strengthen the auto sector to save or even create jobs, said Dias, whose union represents 23,000 Canadian employees of GM, Ford and Fiat Chrysler.

He said Ottawa should also "stick its nose" in the auto business after Ford Motor Co. aborted plans this week to build a $1.6-billion US small-car factory in Mexico that Trump had criticized, with the automaker announcing instead it would invest further in Michigan.

The surprise move Tuesday was announced just hours after Trump hammered General Motors Co. on Twitter for building its Chevy Cruze hatchback in Mexico and threatening a "big border tax" on the company for importing those vehicles into the U.S.

"I'm thrilled about Ford's investment in Michigan instead of Mexico and creating 700 jobs," said Dias, noting Trump's persistent interventionist campaign with U.S. corporations is clearly making an impact.

Despite the fact that cars and trucks manufactured in Canada are also exported to the U.S., Dias says Trump has "bigger fish to fry" than to bring the hammer down on Canadian imports at this point.

> **Trump, as crazy as he is, is showing governments can play a role.**
> Jerry Dias

He also said he couldn't be happier with the president-elect's threats of hefty taxes on carmakers who build vehicles south of the Rio Grande on the cheap and then sell them back to U.S. consumers.

And he's all for Trump's plans to renegotiate the North American Free Trade Agreement, which he says killed thousands of both American and Canadian auto sector jobs since it was passed in 1994.

"Canada had a $12-billion trade surplus in manufacturing before NAFTA, and now we have a $120-billion trade deficit. There's no question it plays a role," Dias noted.

Analysts say the auto industry has the most at stake with Trump's vow to renegotiate NAFTA, which has allowed car makers and suppliers to move production to Mexico in recent years without facing tariffs.

TORSTAR NEWS SERVICE

Miles Clark of Carnival Corp. demonstrates the Ocean Compass interface before CES International on Tuesday, in Las Vegas. JOHN LOCHER/THE ASSOCIATED PRESS

CRUISE SHIPS

Tracking medallions help crews anticipate your needs

High technology is taking to the high seas.

Cruise ships are being outfitted with sensors and trackers, all to help crew members better anticipate passengers' needs and whims.

Carnival Corp., the operator of cruise lines including its namesake, Princess, and Holland America, unveiled the new concierge technology at the CES gadget show in Las Vegas on Wednesday. It's scheduled to debut on the Regal Princess cruise ship in November.

With it, the door to your cabin will unlock automatically as you approach wearing your personalized tracking medallion. The wait staff can bring your favourite cocktail before you even ask.

This type of personalization is important as cruise ships get bigger and come across as impersonal, says Mike Driscoll, editor-in-chief of Cruise Week, an industry publication.

It can also help cruise companies attract more first-timers, including tech-savvy millennials.

The leisure-cruise industry is playing catch-up with travel peers like hotels and airlines, which now let you unlock rooms with a smartwatch or fly with a boarding pass on your phone.

"It's catching up to what life is like on the land," Driscoll said.

The linchpin of the system is a tracking medallion the size of a quarter. Cruise passengers wear it as a pendant, throw it into a purse or place it in a pocket. The medallion uses wireless technologies to communicate with sensors placed around the ship, cruise terminals and even airports, where staff can provide personalized greetings as passengers fly in.

Crew members armed with tablets can respond to any needs nearby. For example, a guest could be having a drink when a crew member comes by to remind him that a yoga class starts in five minutes. Or a waiter working poolside can ask whether a guest wants her usual gin and tonic.

Whether anticipating guests' needs will feel useful or creepy remains to be seen. Those who might be spooked don't have to use the medallion or can limit how much they want to participate, Carnival CEO Arnold Donald said.

"In the end, the guests will tell us," Donald told The Associated Press. "If it doesn't (resonate), it's back to the drawing board."

THE ASSOCIATED PRESS

HOUSING

Red-hot market cools slightly

Home sales in Metro Vancouver dropped by 5.6 per cent in 2016, the city's real estate board said Wednesday, wrapping up a tumultuous year in one of the country's most watched housing markets.

The composite benchmark price for all residential properties in Metro Vancouver, as measured by the Multiple Listing Service home price index, hit $897,600 in December. That's a 17.8 per cent increase from the same month the previous year.

"It was an eventful year for real estate in Metro Vancouver," board president Dan Morrison said in a statement.

"Escalating prices caused by low supply and strong homebuyer demand brought more attention to the market than ever before."

Residential property sales in the city started the year off strong, sometimes hitting record highs. But partway through the year the market started to cool, with sales and eventually prices declining.

That came as a number of measures were implemented in an effort to address home affordability concerns in Vancouver, including a 15 per cent tax for foreign buyers and a tax on homes left vacant.

5.6%
The drop in home sales in 2016 in Metro Vancouver.

"As prices rose in the first half of the year, public debate waged about what was fuelling demand and what should be done to stop it," Morrison said.

"This led to multiple government interventions into the market. The long-term effects of these actions won't be fully understood for some time."

There were 39,943 detached, attached and apartment properties sold in the region last year, down from the 42,326 sales recorded in 2015.

Despite the decline in the number of homes sold, 2016 was the third-highest selling year on record, behind only 2015 and 2005.

Last month, residential property sales totalled 1,714, a 39.4 per cent decrease from the 2,827 homes sold in December 2015.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Thursday, January 5, 2017

ALEX GILL ON WHY WE NEED A THOUSAND MORE REINAS

Istanbul's Reina nightclub was (and is) a symbol of a future that is directly opposed to the extremists' divisive ideal of a polarized world.

The news of New Year's Eve attack on Istanbul's Reina nightclub was sadly not unique in 2016. Similar attacks happen seemingly every week in some part of the world. But Reina holds a personal significance for a number of Canadians and a growing network of young people across the globe.

Reina was one of the Istanbul venues that hosted hundreds of young entrepreneurs from around the world — including dozens of Canadians — during the 2015 G20 Young Entrepreneurs' Alliance Summit. The Alliance Secretariat is based in Toronto and traces its origins to the 2010 G20 summit in that city. Each year, the Alliance summit brings together young entrepreneurs to share ideas, build new relationships and talk about the world they want to create.

During my last visit to Reina, I talked with young people from countries as diverse as the U.S., Poland, Australia, Italy, Japan and Brazil about their ideas. I met young Turkish women and men who were hungry to meet others from around the world. I heard from Mexicans who were fighting government corruption, from Indians who were seeking connections in Europe and North America, from Saudis who wanted to help their society evolve in a new direction.

Find new ways to talk with each other. Build bridges across cultures. Enjoy life and dream of a better life for us and for others.

With the broad span of the Bosporus bridge arching overhead in the night sky, young people from incredibly different cultures and backgrounds met, danced and talked about their futures. It was a club full of optimism and music and dancing, fuelled by a belief that tomorrow would be better than today.

Victims of the New Year's Eve attack on Istanbul's Reina nightclub were merely out celebrating and enjoying life. AFP/GETTY IMAGES

The contrast between that happy memory and the grainy footage of the gunman walking through those same rooms on New Year's Eve could not be more pointed. Indiscriminately spraying bullets into the crowd. Returning to the fallen to shoot them again and again. Casually committing incredible violence against people who merely wanted to celebrate and enjoy life.

It would be too trite to say terrorists do this because "they hate our way of life." The reality is a bit more nuanced. Extremists of all stripes want a polarized world where the divide is clear between "us" and "them." The Reina that I and hundreds of others enjoyed represents a future that is directly opposed to that divisive ideal.

Our natural reaction in the face of such violence is to turn away from each other. To raise the level of our rhetoric. To introduce more barriers, more walls, more ways to isolate each other. But if we truly want to honour the more than 100 people who were killed or injured in that attack, we should redouble our efforts to do exactly what I saw young people doing in Reina during the G20 Young Entrepreneurs' Alliance Summit. Find new ways to talk with each other. Build bridges across cultures. Enjoy life and dream of a better life for us and for others.

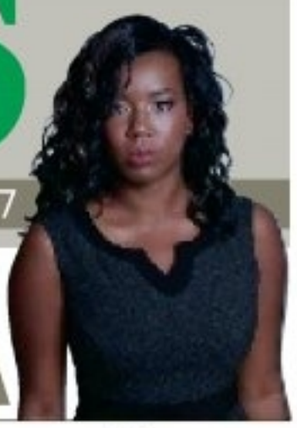
I was reminded of an incident in 2011, early in the history of our G20 group. Our French colleagues hosted a summit in Nice, bringing speakers such as Mohammed Yunus to challenge and inspire us at a time when Europe was beginning its fiscal crisis. One panel discussion featured French bankers, industrialists and others who were decidedly pessimistic about the future of Europe.

Yet the young people in the audience had other ideas. They talked about their dreams for a growing and confident Europe, one that could encourage more young people to travel and start companies no one had yet thought of. With a mixture of irritation and admiration, one of the panellists responded by saying "Oh, you young people and your enthusiasm!"

And that is the point. That is why we need a thousand Reinas across the world. That is why we need to encourage the bonds between people and cultures that only freedom, true personal and economic freedom, can help create. Because it is those new bonds that will show those who think problems are only solved through violence and walls that a better way is indeed possible.

Alex Gill is a Toronto-based social entrepreneur and activist who has moderated the G20 Young Entrepreneurs' Alliance since 2010.

VICKY MOCHAMA



Men are rebranding their activities — and women are helping

In the fight for equality, we haven't yet levelled the playing field when it comes to being sick.

Until now. When my body started heating up with a fever, I didn't realize I was making a feminist breakthrough. (I mostly realized I didn't have any medicine in the house.)

I don't just have any regular flu. I have manflu.

Manflu is when men are cold and have a lot of feelings about it, she says derisively. Actually, it's a pejorative used to describe how men behave when facing a mild illness like the common cold. There's an Internet meme that shows a woman in the middle of giving birth juxtaposed next to a man in bed with a thermometer in his mouth. The caption reads, "During labour, the pain is so great that a woman can almost imagine what a man feels like when he has a fever."

I know I'm afflicted with manflu because I have sent several all-caps texts to friends and family. At 1 a.m. in our family group chat, I may have sent a message about feeling like there are a thousand knives in my throat. I have claimed such despondency that my mother delivered a week's worth of food to my house. I lost my voice for two days and wrote, "I feel so powerless" on my bedroom mirror. No one of any gender has ever had a case of the flu this bad.

Because it's 2017 (a.k.a. the future) and I am a feminist, I can get anything a man can get. Including the flu virus and the attendant dramatics about it.

Feminism — if you squint hard at the fine print — says women can now do things that men have been doing for ages. For example: wearing pants. We do that now.

We also still wear skirts but that is because modern skirts have pockets — another feminist breakthrough.

But just as we're scaling the heights of gendered oppression, men are rebranding their special activities. You've seen it all over the place. Take a regular bar of soap and put it in a black box. Now it's 'guy soap.' That delicious light-with-hints-of-pear blush wine? Stick a motorcycle on the label, dudes: we're drinking brosé.

Being the wonderful creatures we are, women are helping with this branding effort. When a man explains a woman's expertise back to her, we don't call it patronizing, condescending and wholly unnecessary. We call it mansplaining. There are more variations: manterrupting (when men interrupt), manspreading (when men spread their legs), manboxing (OK, I made this one up but it means when a man is a box).

Naturally, the next step in the fight for equality will be when women take over being systematically rude.

I've done my part by contracting manflu. I did it for the cause.

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Your essential daily news

Calgary's Canada Boy Vinyl, one of the country's only vinyl pressing plants, is closing down

SELF HELP

Author says arguments can improve relationships

Dealing with opposition, be it from a bossy co-worker, a messy roommate or a nagging partner, is among the most stress-provoking experiences in life. In his new book, Resolve: Negotiating Life's Conflicts with Greater Confidence, Hal Movius argues that conflict actually produces beneficial outcomes and makes our relationships better — but only if it is dealt with wisely.

Offering tips to identify and handle tough negotiating tactics, secrets to managing (and maintaining) poise when emotions flare and mastering the art of conflict, Movius spoke with Torstar from Charlottesville, Va.

Why do you believe that becoming a better negotiator is a good new year's resolution?
One is that conflict is inevitable. We seem to be entering a time globally where there's more conflict in public and political life but, even if that weren't the case, to have relationships (and) to work effectively with others, we are going to encounter disagreements. Most of us improvise our way through it or avoid it. Thinking like a negotiator and learning key moves can help you to be more proactive and to normalize the idea that conflict is an overlooked opportunity.

Are there any pitfalls you see when people engage with conflict? What do you think we should be trying this year?
What I tried to do in the book is look at how each of us might fall prey to different pitfalls and how to use specific tactics to counter those but, if I had to generalize, I would say that people don't see how a conflict can become a negotiation. Seeing conflict as a part of leading a good life and an occasion for better outcomes rather than a headache would be the thing I would wish for most people to do. That's also what the research tells us: You can do conflict better but you have to treat it like other difficult tasks, or a practice that you develop over time. You don't just become a good tennis player or cook by having the sudden urge to do it — it takes work. There are ways of practising negotiation that makes you better.

Early in the book, you write that people don't see good negotiation modelled enough. So what does good negotiation look like, say, in a personal relationship?
Partners who have "good fights" tend to pick their moments. They don't push and say, "we need to talk about X right now" or start by insisting. The second thing is they start with a constructive frame and a specific complaint about a thing that happened and not a criticism about the character of the other person. Don't start an important conversation after a busy day or a few beers. Another tip is that, if you have to talk through something as a couple, it helps if you take a walk together instead of sitting across the kitchen table.

What about in the workplace?
Effective leaders, more than anything else, tend to imagine how the other side might see a situation and the issues. The big misconception in conflict is that you have to convince the other side that they have to care about the same things you do. What great negotiators do is ask a ton of questions at the front end about what the other party really cares about. If I can figure out what is most important to you and to me and notice those differences, I can craft a proposal that exploits them without just compromising.

You write that learning to navigate conflict within close relationships strengthens the bond. Can you explain?
So the first thing is that if I am not afraid to enter into conflict and I have a repertoire of helpful moves to navigate it, I'm more likely to get more of the things that I want while preserving the relationship I have. The second thing is that, if I learn about some of the pitfalls or the behaviours that aren't helpful I can learn to recognize them. When couples recognize those patterns, they can also then ask: "What can we do about it? " There are things we can do to contain conflict and steer the conversation in a direction that can take it away from the rocky places where we can do damage.

TORSTAR NEWS SERVICE

ISTOCK

Fight better this year

Conflict resolution tips if your plan for 2017 is to stop being a pushover

"Cultivating curiosity about yourself and the other person is a powerful move.
Hal Movius, a psychologist and negotiation expert

Former Bachelorette Kaitlyn Bristowe. CONTRIBUTED

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Networks chase their tail...then eat it

THE SHOW: Jimmy Kimmel Live!, Jan. 2, 2017 (ABC)
THE MOMENT: The Ouroboros

The actor Joel McHale, who mocked TV professionally when he hosted The Soup, is Kimmel's first guest. Kimmel asks him to comment on The Bachelor, which had its season premiere earlier that night (on ABC), with Bachelor Nick Viall.

McHale is scathing. He calls the show "a parade of unstable sluts trying to get a date." He says former Bachelor Jake Pavelka "looked like he should have starred in American Psycho." He demonstrates how both Jake and Nick talk while smiling. (It's creepy and hilarious.) Asked his favourite Bachelorette, he answers, "Kaitlyn, because there were like, five Kaitlyns."

"You mean the Kaitlyn [Bristowe] who's here tonight?" Kimmel asks.

"I don't care," McHale scoffs.

Kimmel's next guests are Bristowe and Viall. She rejected him in a prior season, so everyone anticipates awkwardness. But Bristowe wants only to diss McHale. She calls him a dick. "I saw you backstage," she says, "and guess what, I don't like you."

"Who knew when we invited you on," Kimmel asks, chuckling, "that all your anger would be directed at Joel McHale?"

Cable and streaming services are shredding network TV, and this is the networks' solution: to double down on themselves. On his ABC show, Kimmel hosts ABC stars who talk about other ABC shows; he'll also host the Oscars — on ABC. On Sunday night, NBC's Jimmy Fallon is hosting the Golden Globes on NBC.

They're all busily pretending TV is still a closed shop, and they still run it. They're the Ouroboros — the creature that eats its own tail.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

The books that you leave behind tell their own story

INTERVIEW

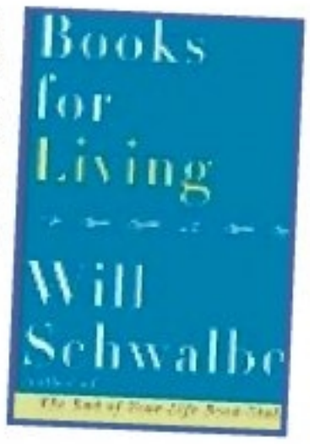
How an avid reader left a life portrait on his shelves

Sue Carter
For Metro Canada

Will Schwalbe had an old friend, who like himself, was a voracious collector of books, amassing thousands of volumes. Around the age of 70, this friend made a decision to keep exactly 100 titles in his possession — if he bought a new book, he would give away or donate another one off his shelves.

When he died a decade later, he left a quirky collection, one that Schwalbe describes as a remarkable portrait of a man who enjoyed travel, photography and martini culture.

"I love that idea that you can compose your autobiography not in words or sentences but in the books you chose to keep around and leave behind," says Schwalbe.



It is also fair to say that as a longtime New York publishing executive, Schwalbe, who is speaking at Toronto's Bluma Appel Salon on January 10, has built his own life story with words on pages.

As his mother was going through chemotherapy sessions, the two avid readers would share books to pass the time. Their discussions became the basis of his 2012 best-selling memoir The End of Your Life Book Club.

Schwalbe's new title, Books for Living, chronicles 26 titles that have a personal meaning or connection to various times in his life. Written in an informally chatty style, Schwalbe didn't intend to produce a definite list of the greatest books ever published, or even a collection of his favourite reads.

"These are 26 wonderful books that came to me at a time when I needed them and I think have something that will move, delight, instruct others," he says. "I hope at the end of this, I will have added to everyone's to-read pile, but also to look differently at the ways that books have impacted their lives."

The list is as eclectic and unexpected as the stories behind them. Reading Homer's The Odyssey under the tutelage of a demanding classics teacher showed Schwalbe that sometimes being mediocre is okay, and should even be embraced. Stuart Little, E.B. White's beloved children's book about a nattily attired boy-mouse, is a reminder to be as cheerful and optimistic as possible (and to "dress smartly.") Even Paula Hawkins' blockbuster thriller The Girl on the Train taught Schwalbe lessons about trust.

"I think there are wonderful things to be had from all sorts of different books," he says. "Some of the greatest experiences I've had have been with what people refer to as genre books. Pieces of wisdom from Jack Reacher novels have been as meaningful as gems I've found in the world's great poetry."

Like The End of Your Life Book Club, Books for Living also serves as a tribute to Schwalbe's loved ones, in particular his essay on Charles Dickens' David Copperfield, which he transforms into an emotional tribute to an old friend who died suddenly.

"One of the themes that I love grappling with and has been very important to me is what can we do for the dead," Schwalbe says. "We can read for them. We can read books that they loved, and books we think they would have loved. That's really a way of keeping them present in our lives."

Sue Carter is the editor at Quill & Quire magazine.

THE KARDASHIAN KOMEBACK KIM RETURNS TO SOCIAL MEDIA Kim Kardashian has made her long-awaited return to social media, three months after going silent in the wake of being held up at a Paris hotel. It's another example of a celebrity shunning media interviews post-controversy, instead controlling their own image through personal social media accounts. Kardashian posted pictures of her family, a video of her domestic life on YouTube, and this photo with the caption, "my son." INSTAGRAM/@KIMKARDASHIAN

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BIRDS ART LIFE

Memoir takes flight uncovering nature

Kyo Maclear's memoir, Birds Art Life, is out now. TORSTAR

Kyo Maclear was at a low point — shaken by her father's faltering health and feeling like she had a "broken part" — when she found uplift in an unlikely source: birds.

It was 2013 and Maclear's dad, the journalist and documentary filmmaker Michael Maclear, had recently suffered two strokes. As the children's author and novelist helped tend to her father in drab hospitals and rehabilitation facilities, she struggled to write (it seemed an "overly complicated, dubious effort"), found her solitary time fragmented by caretaking duties as both daughter and mother, and failed to find enduring distraction in art lessons or other outlets.

Then she watched Alan Zweig's documentary 15 Reasons to Live, which her composer husband was scoring, and found resonance in the story of Jack Breakfast, a Toronto musician who found unexpected peace photographing birds. Maclear arranged to meet the musician and soon a project took flight: she would shadow him on his birding sojourns for one year and document what she found.

"Maybe in my fantasy I'd like to be a grand expeditionary writer," Maclear said one morning recently from a booth in High Park's Grenadier Restaurant, "and this guy seemed to be doing grand expeditions in the city and seeing incredible things.

"It just seemed amazing, magical and spacious, and I didn't feel my life was very spacious at the time. I felt very squeezed and grounded in my life. I felt maybe that I wanted something transcendent. Birds gave me that."

The result of Maclear's year is her new memoir Birds Art Life, an incandescent exploration of beauty, inspiration, art, family and freedom that seems to leave no topic out of its binocular scope. The book shares obvious appeal to fans of Helen Macdonald's 2015 bestseller H is for Hawk.

It's worth pointing out that pre-existing bird knowledge is definitely not a prerequisite to reading Birds Art Life. Certainly, Maclear didn't know anything about birds before her yearlong aviary apprenticeship and she was perhaps an unlikely candidate for the pastime.

A lifelong city-dweller, Maclear was born in London and raised in Toronto.

When Maclear began her adventures in birding, though, she discovered nourishment in nature. She began to notice the beauty of the birds, their joyful music and the helpful level of patience the practice demanded.

As she scrutinized birds for the first time, she also took joy in their lack of "special regard for humans."

The book's reach is expansive, spanning philosophy, art, love and cities, specifically the importance of finding beauty in drab urbanity. TORSTAR NEWS SERVICE

Affectionate squabbles in Fisher-Reynolds doc

BRIGHT LIGHTS

Struggles with aging, manic depression highlighted

HBO has released the trailer for a documentary on the complicated but loving relationship between a mother and daughter, Hollywood stalwarts Debbie Reynolds and Carrie Fisher.

The documentary, titled Brights Lights: Starring Carrie Fisher and Debbie Reynolds, will premiere on the network on Jan. 7.

Clips show the pair affectionately squabbling over an outdated cell phone as well as discussing Fisher's struggle with manic depression, now known as bipolar disorder, as well as the difficulty of aging.

"Age is horrible for all of us but she (Reynolds) falls from a greater height," Fisher observes.

Its original March release date was moved up following the sudden death on Dec. 27 of Fisher, 60, a best-selling author best known for playing Princess Leia in the original Star Wars trilogy who reprised the role for the first film in the new trilogy, Star Wars: The Force Awakens in 2015.

Debbie Reynolds, best known for her roles in films like Singin' in the Rain and The Unsinkable Molly Brown — which earned her an Oscar nomination for best actress —was 84 when she died a day later on Dec. 28.

USA Today described the documentary, which had its world premiere at the Cannes Film Festival last May, as "an intimate portrait of Hollywood royalty" told through interviews, home movies and other material.

People Magazine has reported a memorial will be held for Fisher and Reynolds on Thursday, Jan. 5.

Debbie Reynolds holds Carrie Fisher is the HBO documentary Bright Lights, set to premiere on the network on Jan. 7. HANDOUT

Mother and daughter, who were next-door neighbours in a Hollywood compound, will be buried on Friday, Jan. 6 at the Forest Lawn Memorial Park in Los Angeles. TORSTAR NEWS SERVICE

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TRUMP

Reality star to join White House

Omarosa Manigault is getting hired.

A memorable contestant in the first season of The Apprentice, Manigault is expected to join President-elect Donald Trump's White House staff, according to two people familiar with the decision. Her job is expected to focus on public engagement.

Manigault was one of Trump's most prominent African-American supporters during the campaign and has been working with his transition team. Her effusive praise of Trump has at times drawn criticism.

"Every critic, every detractor, will have to bow down to President Trump," she said in an interview for a PBS Frontline documentary about the presidential campaign. "It is the ultimate revenge to become the most powerful man in the universe."

Manigault, who prefers to use only her first name, made it through nine weeks of The Apprentice before Trump directed his infamous tagline, "You're fired," at her. She was portrayed as a cut-throat contestant during the season. She returned to Trump's Apprentice franchise several times and has appeared on other reality TV shows.

Manigault said she has stayed close to Trump over the years and served as his campaign's director of African-American outreach.

This will be Manigault's second season at the White House. She worked in the office of Vice-President Al Gore during the Clinton administration. THE ASSOCIATED PRESS

Omarosa Manigault. EDUARDO MUNOZ ALVAREZ/AFP/GETTY IMAGES

metro HOME
Your essential daily news

Lululemon founder Chip Wilson's Vancouver home now valued at more than $75 million

MEET THE CONDO

THE LEGEND BUNGALOW SERIES

Customized bungalow living

CONTRIBUTED

Project overview

The Legends, a bungalow series by eQ Homes, is well-designed for empty nesters or those looking to downsize. The first house was built in 2011, and the community has continued to grow since then, offering a wide range of options and finishes to create personalized homes that remain within budget.

Housing amenities

Each bungalow can be customized with options such as an extra-large kitchen pantry, an optional fireplace, and a finished basement with an extra bedroom. The community offers a maintenance package that includes snow removal, lawn care and window washing. Homes have open-concept designs and large windows.

Location and transit

The site is located right off of County Road 44, and provides easy access to Highway 416. Residents are not far from Kemptville's Main Street, where there a number of stores, local shops, medical facilities, grocery and other services — all just minutes away. The area is highly walkable, with a library, pool, gym and a health and wellness centre all on-site.

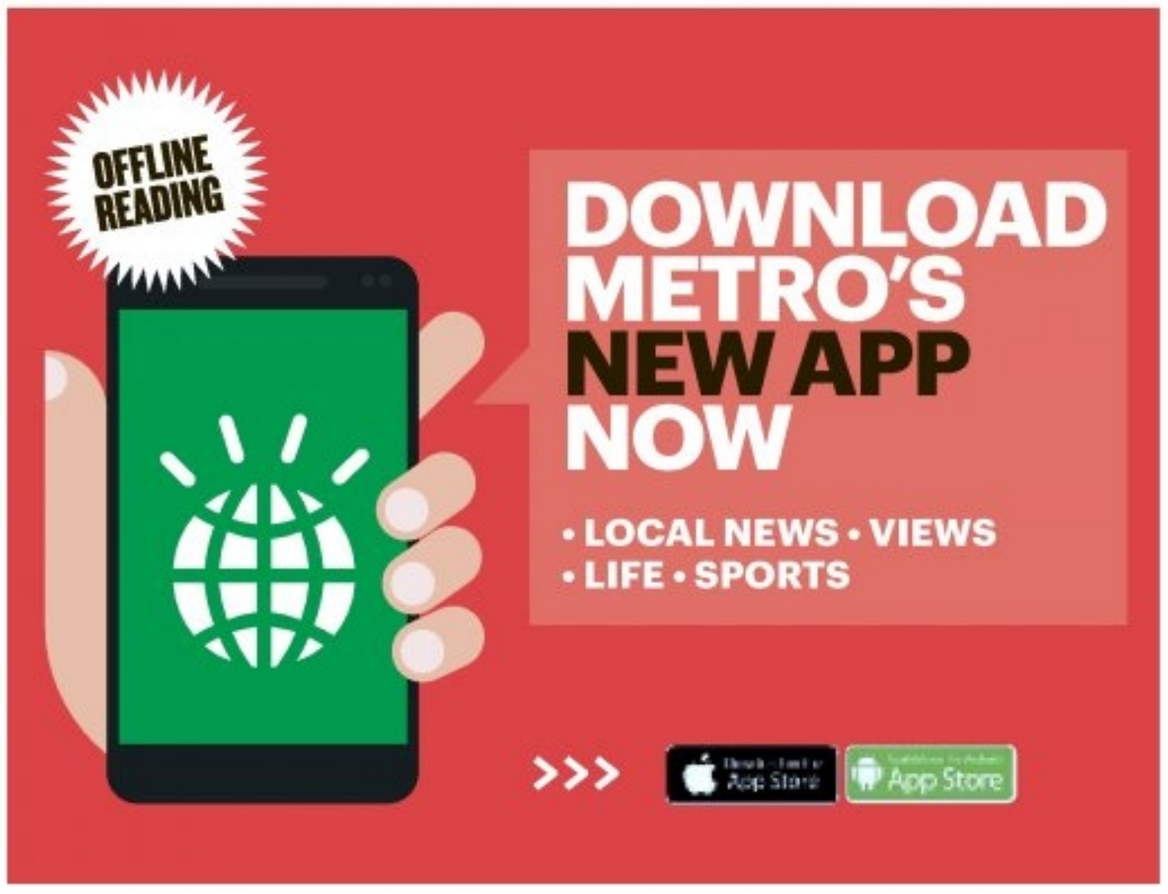
In the neighbourhood

The neighbourhood is close to the eQuinelle Golf Club and Resident Clubhouse. Not far from the Rideau River, home owners can spend time outdoors boating, kayaking or fishing. There are also walking trails and a community park nearby with a playground and basketball courts.

ILANA REIMER/FOR METRO

NEED TO KNOW

What: The Legend bungalow series
Builder: eQ Homes
Designer: eQ Homes
Location: Off of Equinelle Drive
Building: Bungalows
Size: 1,142 sq. ft. to 1,732 sq. ft.
Pricing: Starting at $390,000
Model: Two to three bedrooms, one bathroom
Status: Now selling
Occupancy: Move-in ready Late 2017
Sales centre: 88 Equinelle Dr.
Phone: 613-258-6488
Website: eqhomes.ca



metro SPORTS

"We're a group of businessmen": A win Thursday in Washington will give John Tortorella and the Blue Jackets a share of the NHL's longest streak (17)

Running off track

ATHLETICS

Canadian heptathlete Theisen-Eaton calls it a career

Brianne Theisen-Eaton of Humboldt, Sask., takes a breath after the heptathlon's 800 metres at the Rio Olympics in August. She won bronze. LUCAS OLENIUK/TORSTAR NEWS SERVICE

In the moments after she crossed the finish line of the Olympic heptathlon's 800 metres, Brianne Theisen-Eaton was completely spent, any bit of mental energy used up over the final gruelling steps of one of track and field's toughest events.

She was thankful to be done. She never wanted to do another heptathlon again.

Ashton Eaton
GETTY IMAGES

And in the weeks that followed her bronze-medal performance in Rio, those feelings never waned. Not while she was trekking with her American superstar husband Ashton Eaton to Machu Piccu, or while she was working with World Vision in Kenya, or criss-crossing the United States camping with friends.

And so Theisen-Eaton is retiring, leaving the sport both satisfied with her career as Canada's finest female multi-events athlete in history, and knowing she had absolutely nothing left to give.

Theisen-Eaton, whose medal was Canada's first in an Olympic heptathlon, and her husband, who captured gold in the decathlon in Rio, are retiring together, announcing their decision with side-by-side essays on their website Wednesday.

"I went out for a run at the end of November," Theisen-Eaton said in a phone interview from the couple's home in Eugene, Ore. "I didn't purposely try to think about it, but all of a sudden it was just this gut feeling that hit me like a truck, that I just didn't want to do it anymore. (The feelings) after Rio, I thought that they would go away, and they just didn't. They were still there. I just couldn't imagine going back to training.

> **Mentally I've moved on.**
> Brianne Theisen-Eaton

"And there's nothing else I felt like I wanted to accomplish. Would winning an outdoor world championship gold medal (next summer in London) be great? Yeah. But I didn't have the passion to do that. I know some people out there are probably thinking 'Oh, there's more out there.' But there really isn't, because mentally I can't give it. Mentally I've moved on."

Track and field's super couple, who met as teenagers at the University of Oregon and married in July 2013, leave the sport at the top of their game. Theisen-Eaton captured two world silver medals, as well as gold in the pentathlon at the 2016 world indoor championships. Eaton is the world record-holder in the decathlon and retires with two Olympic titles, two world titles and three world indoor titles.

The couple didn't talk retirement during their weeks of globe-trotting after Rio. But curiously, the same day the 28-year-old from Humboldt, Sask., went for what would be her gut-checking run, Eaton announced his decision over dinner.

"He said 'I'm not doing track anymore,"' Theisen-Eaton said. "I wasn't shocked that he wasn't doing track anymore, but I was shocked because he told me the same day that I had those feelings." THE CANADIAN PRESS

WORLD JUNIORS

Terry lifts U.S. to victory in shootout

SEMIFINAL In Montreal

4	3
USA	RUSSIA

Troy Terry scored the winner in the seventh round of a shootout as the United States defeated Russia 4-3 Wednesday in a world junior hockey championship semifinal.

The U.S. will face either Canada or Sweden in the final on Thursday, depending on the outcome of that semifinal match later Wednesday.

Terry took three shootout attempts for the U.S. and scored five-hole on all three. He scored the winner right after Alexander Polunin hit the crossbar for Russia.

Colin White, with two, and Luke Kunin scored for the Americans in regulation. Tyler Parsons stopped 33 shots.

Denis Guryanov scored twice and Kirill Kaprizov added another for the Russians. Goalie Ilya Samsonov made 40 saves in defeat.

Joey Anderson came close to scoring during the 10-minute overtime but his shot hit the crossbar.

It is the first time the U.S. has defeated Russia in the knockout round at the world junior hockey championship. They were previously 0-7.

THE CANADIAN PRESS

Go to metronews.ca for coverage of Wednesday's other semifinal between Sweden and Canada

IN BRIEF

Alli and Tottenham end Chelsea's winning streak

Dele Alli underlined his growing reputation by single-handedly ending Chelsea's 13-match winning run Wednesday, scoring two headed goals to give Tottenham a 2-0 victory over the Premier League leaders.

By taking his tally to seven goals in four games, the 20-year-old Alli inflicted Chelsea's first loss since its last trip to north London at Arsenal in September.

THE ASSOCIATED PRESS

Raiders to start rookie at QB in wild-card matchup

The Oakland Raiders are going with rookie Connor Cook at quarterback in their wild-card game against the Texans.

Oakland coach Jack Del Rio announced the decision in a conference call with reporters in Houston on Wednesday.

Cook gets the nod with Pro Bowler Derek Carr out with a broken leg and backup Matt McGloin nursing a shoulder injury.

THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Sweet and savoury Chinese Five Spice Chicken Tray Bake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love the pairing of sweet and savoury Chinese 5-Spice alongside garlic and sweetly roasted onions.

Ready in 20 minutes
Prep time: 1 hour
Cook time: 20 minutes
Serves 4

Ingredients
- 3 Tbsp olive oil, plus extra for onions
- 4 to 5 garlic cloves, pressed
- 1 Tbsp rice vinegar
- 1 Tbsp brown sugar
- 1 tsp Chinese 5-spice
- 1/2 tsp salt
- 6 large skinless, boneless chicken thighs
- 2 onions, peeled and sliced
- 1 tsp fresh chopped cilantro

Directions

1. Combine olive oil, garlic, rice vinegar, brown sugar, 5-spice and salt in a large resealable plastic bag. Add chicken thighs; seal and coat chicken with sauce. Chill at least 1 hour or overnight.

2. Preheat oven to 400. Slice and coat onion in a bit of olive oil. Spray baking sheet with non-stick cooking spray. Scatter onion slices on baking sheet.

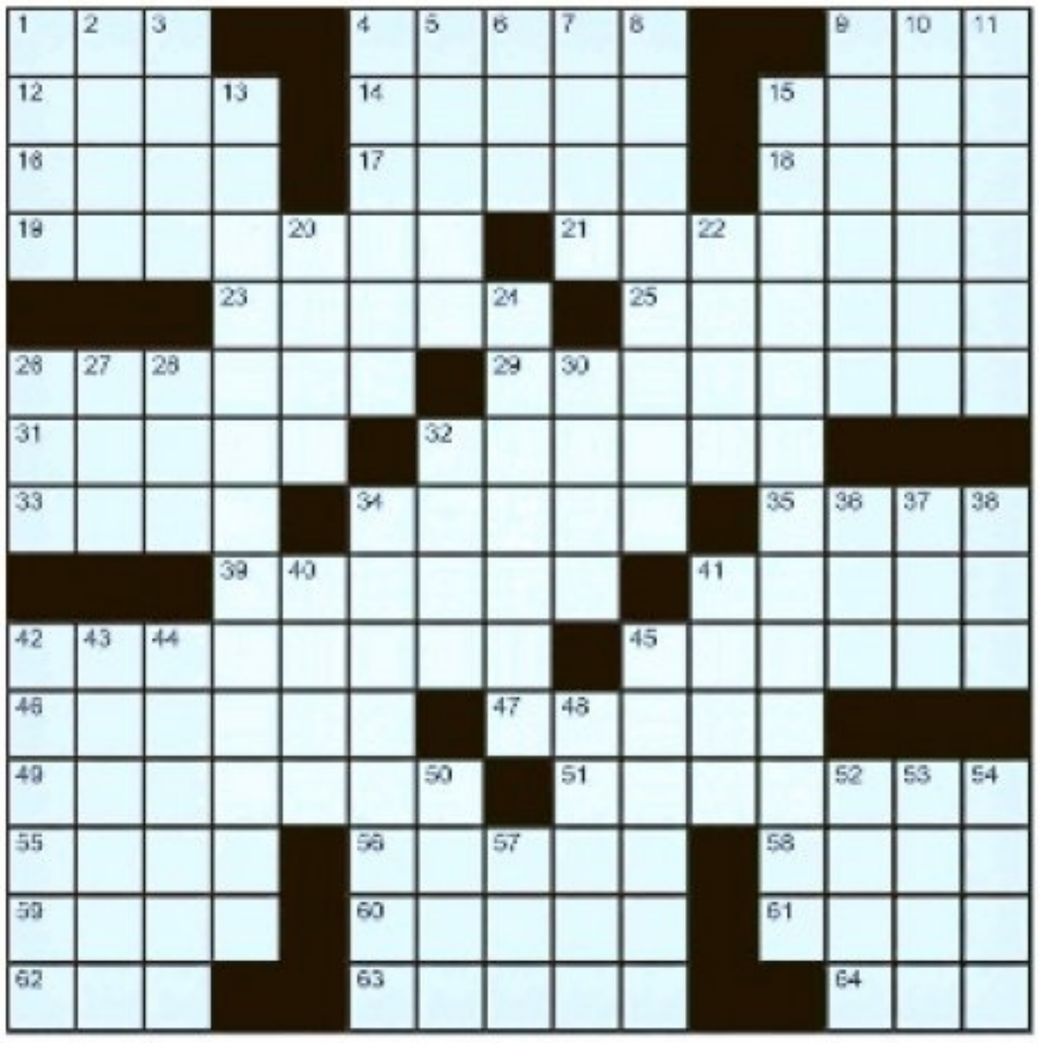
3. Remove chicken from refrigerator and arrange on top of onion. Roast until chicken is cooked through, about 20 minutes.

4. Remove tray from oven and let cool for a few minutes. Sprinkle chicken and onion with cilantro and serve warm.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Backwards boiling-ly brewed beverage
4. Wooden strips
9. Round shape, for short
12. Travel, like a tributary
14. _ rate monitor
15. Additional
16. Canadian singer Mr. Vannelli
17. Ms. O'Donnell
18. Characters' selves
19. Follicles fastener
21. "Dripsody": Hugh _ _ (Canadian physicist/composer/electronic music instruments designer, b.1914 - d.1977)
23. Fermented milk product
25. Younger actress sister of Canadian silent film star Mary Pickford
26. Buoyant
29. _-_ brakes
31. Holier-than-thou
32. Peter of "My Favorite Year" (1982)
33. Writer's work
34. Deuce-ace
35. Browse the Web
39. Ontario village sharing the name of Shakespeare's 'Two Gentlemen' play
41. Someone saying "Shameful."
42. Flourishing
45. Ms. Anderson
46. Directed
47. Room, in Rimouski
49. Venerated
51. Alberta hamlet sharing the name of a Sir of the Round Table
55. Buckeye State
56. "You can't be serious?!": 2 wds.
58. Variety
59. Grannies
60. Humdrum
61. New Brunswick's motto: _ Reduxit (Hope restored)
62. Pastureland parent
63. Filled
64. Prefix to 'Clean' (Infomercial product)

DOWN
1. Kabul's country, briefly
2. Director Mr. Kazan
3. Dancer/singer Ms. Basil
4. Short _ (Curt brush-off)
5. Q. "What's novelist Mr. Uris' first name?" A. "_, _ think."
6. Some batteries
7. Three-book-set, tiny-ly
8. Worky boot feature: 2 wds.
9. _ ergo sum (I think therefore I am)
10. 'Jagged Little Pill' hit
11. Look for again
13. Fitness industry products: 2 wds.
15. Vegetarian's almost-like-the-real-thing purchases, perhaps: 2 wds.
20. Particular pulses
22. Spiral shape
24. TV exec's interest
26. Pertinent
27. Part of a Giant's holler!
28. Brunch offering
30. Songstress Ms. Hendryx
32. "_ _ the other hand..."
34. Weapons for 'net fighter' Gladiators known as Retiarii
36. Baby guitar
37. Protestant, e.g.
38. Monk's title
40. Hardly _ (Rarely)
41. High
42. Queen's chair
43. Buck Owens/Roy Clark variety show: 2 wds.
44. Valley
45. Didn't sit on the bench at the game
48. Quartz variety
50. "_ the Explorer"
52. Prefix to 'allergenic'
53. Peak
54. Ms. Lovato
57. Stand-up's gift

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you feel headstrong and passionate about something today, you cannot predict how this day will unfold. But it's safe to say that you will have detours and interruptions.

Taurus April 21 - May 21
This is a friendly and social time for you, which is why you are intrigued by someone who is different or from another culture. A casual friendship might heat up into something cozy.

Gemini May 22 - June 21
A friend might surprise you today. Or possibly, you will meet someone who is a real character. In any event, it's not a boring day.

Cancer June 22 - July 23
A discussion with a boss or parental figure will surprise you today. Whatever happens, do not be hasty — and do not quit your day job.

Leo July 24 - Aug. 23
Travel plans might be detoured, delayed or cancelled today. Be ready for anything, because interruptions are par for the course.

Virgo Aug. 24 - Sept. 23
Double-check financial matters with your bank and anything to do with taxes and debt today, because something unexpected might be brewing. Don't be caught off guard.

Libra Sept. 24 - Oct. 23
A close friend or partner likely will say or do something that surprises you today. Keep a lighthearted point of view. Humour always puts perspective on things

Scorpio Oct. 24 - Nov. 22
Computer glitches, staff shortages and cancelled appointments are just some of the surprises that will interrupt your routine at work. Don't make a big deal about things.

Sagittarius Nov. 23 - Dec. 21
A surprise invitation to a social event might come your way. Conversely, social plans might be changed. It could be anything, which means you have to be ready to go with the flow.

Capricorn Dec. 22 - Jan. 20
Your home routine will be interrupted today, perhaps because of a discussion with a parent or a female relative. Be wise and remain cool.

Aquarius Jan. 21 - Feb. 19
Pay attention to everything you say and do today in order to prevent doing anything you later regret. An ounce of prevention is worth a pound of cure.

Pisces
Feb. 20 - March 20
Keep an eye on your money and possessions today to prevent loss or theft. Something unpredictable might happen. The upside is that you might find money or something you previously lost.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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8	3	9	7	1	5	4	6	2
1	5	8	6	9	4	2	3	7
2	9	4	3	5	7	1	8	6
3	7	6	8	2	1	5	4	9
5	6	7	1	3	9	8	2	4
4	8	1	5	6	2	9	7	3
9	2	3	4	7	8	6	1	5

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